

Wow! What a Great Idea



*Liberty Conference – Exceeding the Standards
San Diego, California
April 24-29, 2005*

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Liberty Conference – Exceeding the Standards Wow! What a Great Idea

*Thanks to everyone who took the time to write down information about events and programs.
Contact one another for further details.*

Nachos Night

Command: Naval Station San Diego
Point of Contact: Soli Lawson
E-Mail address: Soli.Lawson@mwrrsw.com
Phone (619) 556-5570
Time of Day: 5 pm/3 hours
Number of Participants: 87 Guests: 3
Date event was held: April 7, 2005
Activity Goals: Hand out nachos at no charge
Location: Recyard Liberty Center
Activity Highlights: Eating for Free
Specific Rules/Regulations: N/A
Budget Summary: Expenses: \$24
Support Equipment/Supplies: Plates, cheese and chips
Staff Requirement: One
Behavioral Changes to participants: Just Happy!

Ice Cream Social

Command: Naval Station San Diego
Point of Contact: Soli Lawson
E-Mail address: Soli.Lawson@mwrrsw.com
Phone (619) 556-5570
Time of Day: 5 pm/3 hours
Number of Participants: 53 Active Duty/2 Guests
Date event was held: April 14, 2005
Activity Goals: Customers built their own ice cream desserts
Location: Recyard Liberty Center
Activity Highlights: Making their own ice cream sundaes
Specific Rules/Regulations: None
Concerns/Nail Biters: Not having enough ice cream for the number of participants
Success/Bragging Rights: Feeding 60 people for less than \$30
If I were to do it again, I would: Have someone else serve the ice cream
Budget Summary: Expenses \$30
Support Equipment/Supplies: Bowls, Ice Cream, Toppings
Staff Requirement: One
Behavioral Changes to Participants: It certainly satisfied their appetites

Fearless Challenge

Command: Liberty Centers at Naval Station San Diego, Naval Base Coronado and Naval Base Point Loma
Point of Contact: Soli Lawson
E-Mail address: Soli.Lawson@mwrsw.com
Phone (619) 556-5570
Time of Day: 4 pm/2 hours
Number of Participants: 13 active duty
Date event was held: Tuesdays in September
Activity Goals: To out eat, out brave and out wit all others.
Location: Liberty Center Parking Lots at three different centers.
Activity Highlights: Each week a semi-final event was held at a different Liberty Center. The fourth week was the finals for a cash prize provided by Home Depot. Eating foods that are considered to be an acquired taste without vomiting.
Concerns/Nail Biters: Not having enough participants to participants.
Successes/Bragging Rights: The participants had a lot of fun and want to do it again.
Budget Summary: \$200 prizes.
Support Equipment/Supplies: Dunk tank, food, plates, forks, and beverages
Staff Requirement: 3 Liberty Employees
Behavioral Changes to Participants: Some got a bit queasy during the event.

Labor Day Luau

Command: Naval Station San Diego
Point of Contact: Soli Lawson
E-Mail address: Soli.Lawson@mwrsw.com
Phone (619) 556-5570
Time of Day: 5:30 pm/3 hours
Number of Participants: 117 active duty/19 guests
Date event was held: September 7, 2004
Activity Goals: Barbecue Hawaiian Style with Karaoke
Location: Recyard Parking Lot and Lawn
Activity Highlights: Great food and good music
Concerns/Nailbiters: Not enough food.
Successes/Bragging Rights: Everyone enjoyed it.
If I were to do it again, I would: Have more food.
Budget Summary: Expenses \$1,000
Support Equipment/Supplies: Food, grill, karaoke, cooking supplies
Staff Requirement: 4
Behavioral Changes of Participants: Happier and Fuller

Thanksgiving Dinner at the Recyard

Command: Naval Station San Diego
Point of Contact: Soli Lawson
E-Mail address: Soli.Lawson@mwrsw.com
Phone: (619) 556-5570
Time of Day: 5 pm/2 hours
Number of Participants: 120 active duty/5 guests
Date event was held: November 25-Thanksgiving Day

Activity Goals: Provide a Thanksgiving meal for Sailors that don't have any place to go on Thanksgiving Day.

Location: Anchors Catering and Conference Center

Activity Highlights: Food and Good Company

Specific Rules/Regulations: Eat and be merry!

Concerns/Nail Biters: Customers would have liked to have more ham

Success/Bragging Rights: The customers all wanted to say thank you to my boss.

If I were to do it again, I would have more ham on the buffet

Budget Summary:

Support Equipment/Supplies: Turkey, ham, potatoes and all the trimmings with desserts.

Staff Requirements: 5

Behavioral Changes to Participants: They wanted to sleep they were so full.

Field Day

Command: Naval Base Coronado

Point of Contact: Alicia Kerr

E-mail address: Alicia.Kerr@navy.mil

Phone: (619) 437-5135/DSN 522-5135

Time of Day: 11 am to 1 pm/2 hours

Number of Participants: 45+ active duties

Date Event was held: March 11, 2005

Activity Goal: For people to stop checking e-mail and participate in activities

Location: Inside the Q-Zone

Activity Highlights: Almost no one was at a computer, but instead participating with the magician and handwriting analyst.

Specific Rules/Regulations: We have tricycle races and the participants had to be on the tricycle for the complete race.

Concerns/Nail biters: Will the customers actually participate?

Success/Bragging Rights: Patrons said, "This is great. We didn't know MWR did this!"

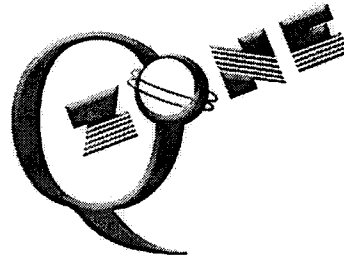
If I were to do it again, I would: have larger prizes.

Budget Summary: **Income: \$17/Expenses \$25 Profit/Loss \$8.00**

Support equipment supplies: Grilling supplies, hired magician, tricycles, hula-hoops

Staff Requirement: Two

Behavioral Changes to participants: N/A



Poor Man's Barbecue

Command: Naval Base Coronado

Point of Contact: Alicia Kerr

E-mail address: Alicia.Kerr@navy.mil

Phone: (619) 437-5135/DSN 522-5135

Time of Day: Lunch time/1 ½ hours

Number of participants: 85 active duty

Date event was held: Every Thursday before payday.

Activity Goals: bring in new patrons who have never been to our facility

Location: Q-Zone

Activity Highlights: Patrons in our courtyard were laughing and interacting while burgers were being cooked on the grill.

Specific Rules/Regulations: N/A

Concerns/Nail Biters: Not enough food

Success/Bragging Rights: All of the food is always gone.
If I were to do it again, I would: N/A
Budget Summary: Income \$100/Expenses \$30; Loss \$70.00
Support equipment: Cooking materials
Staff Requirement: One employee at the grill/ one employee collecting money
Behavioral Changes to Participants: NA

The Hub Block Party

Command: Subbase Point Loma
Point of Contact: Cheryl Williams
E-mail address; Cheryl.Williams1@navy.mil
Phone: (619) 767-4689
Time of Day: Lunchtime/2 hours
Number of Participants: 186 active duty/25 guests
Date event was held: March 21, 2005
Activity Goals: To provide a change-of-pace for the "Back to work Monday blues."
Location: The Hub Liberty Center Parking Lot
Activity Highlights: Steel Drum Band/Prize drawing for PS2 game system/life-size chess game
Specific Rules/Regulations: Prize drawing was open to military personnel only
Concerns/Nail biters: How many would attend this lunchtime event. Expected 60 people; not enough food; about 3x as many people showed up than expected.
Success/Bragging Rights: Expenses: \$1639.52
Support Equipment/Supplies: band, tables, chairs, volunteers, prize, decorations, directional signs, food, life size chess game, drawing tickets, marketing
Staff Requirements: three employees and four volunteers
Behavior Changes to Participants: Received positive feedback from attendees

Dinner and A Movie

Command: Subbase New London Subbase New London
Point of Contact: Susan Carnevale
E-mail Address: susieq_831@yahoo.com
Phone 860-694-4958/DSN 694-4958
Time of Day: 1630 Length of event: 1630-2200
Number of participants: 14
Date event was held: Once a month towards the end of the pay period for the sailors
Activity Goals: give the group a change to get out of the barracks and do something for fun for free.
Location: On base deli and local movie theater.
Activity Highlights: Guys really appreciated that we run free programs off base
Specific Rules/Regulations: We put a limit on how much the dinner can cost. If they go over, they pay.
Concerns: None
Successes/Bragging Rights: Our most popular event because it's free
If I were to do it again: Implement a sign up deadline
Budget Income: -0- Expenses \$185
Support Equipment /Supplies: 15 passenger van and movie tickets from ITT
Staff Requirement: One driver
Behavioral Changes: they appreciate MWR and participate in more events.

St Patrick's Day Scavenger Hunt

Command: Subase New London

Point of Contact: Susan Carnevale

E-mail address: Susieq_831@yahoo.com

Phone (860)-694-49568

Time of Day: Afternoon or evening/1-2 hours

Number of participants: 30 active duty

Date event was held: March 17, 2005

Activity Goals: Familiarize Sailors with base, have fund/ find the pot of gold.

Location: MWR Facilities

Activity Highlights: The competition among the teams prior to the start of the event.

Specific Rules/Regulations: Two man teams, can't use vehicles, can only print out one item from the internet.

Concerns/Nail biters: In case of a tie, be sure to have a plan for when two teams come in at once.

Successes/Bragging Rights: Gave Sailors an alternative event to going out drinking on St. Patrick's Day

If I were to do it again: I would have a better tiebreaker plan.

Income: -0- /Expenses \$200

Support equipment/Supplies: envelopes for clues and prizes for winners, usually gift certificates. Phone cards and St. Patty's related items.

Staff requirement: One staff member at Liberty. Support from other MWR facilities.

Behavioral Changes to Participants: realized they could have fun without going out drinking on St. Patrick's Day.

Free Holiday Gift Wrapping

Command: Subase New London

Point of Contact: Susan Carnevale

E-mail address: Susieq_831@yahoo.com

Phone: (860) 694-4958

Time of Day 4:00-8:00 pm/Month of December for three weeks

Number of Participants: 50 active duty

Date Event was held: Thursday Nights beginning in December

Activity Goals: Get in the holiday spirit -- help the guys with their holiday wrapping

Location: Liberty Recreation Center

Activity Highlights: Having the guys get excited about what they had purchased.

Specific Rules/Regulations: None

Concerns/Nail biters: Having enough boxes

If I were to do it again, I would buy wrapping paper, ribbons, tape, etc. in bulk-save alot of money. Be sure to get all kinds of wrapping paper for kids presents, etc.

Staff Requirement: 5-6 usually ask for volunteers

Behavioral Changes; gets everyone excited about the holidays -- guys like talking about the presents they purchased.

Dodgeball Tournament

Command: Subase New London
Point of Contact: Susan Carnevale
E-mail address: Susieq_831@yahoo.com
Phone: (860) 694-4958
Time of Day: 5:30 – 9:30 pm/2 days
Number of Participants: 220 participants, 50 spectators
Date event was held: During the week-December before stand down started
Activity Goals: Remind participants of their grade school gym class; Exercise; Fun;
Capitalize on the movie's popularity.
Location: Gymnasium
Activity Highlights: Inter-command rivalry
Specific Rules: see appendix
Concern/s Nail biters: Number of teams
Successes/Bragging Rights: Fantastic event that was enjoyed by many.
If I were to do it again, I would: have competition be the best out of five games, not three.
Budget Summary: Expenses \$815
Support Equipment/Supplies: Netting, hardware, balls
Staff requirement: Four referees, one staff member to keep track of brackets.
Behavioral Changes: They all had a great time and became more interest in other intramural style sporting events.

Casino Night

Command: Naval District Washington Anacostia Annex
Point of Contact: Jenni Bowamn
E-mail address: Jennifer.Bowman@navy.mil
Phone: (202) 433-2636/DSN 288-2636
Time of Day: 4-7 pm Afternoon or Late Evening/3 hours
Number of Participants: 100 participants/15 guests
Date event was held: January 26, 2005
Activity Goals: Do something new and exciting and don't have to spend money
Location: Furnari Dining Facility
Activity Highlights: People were actually waiting to play.
Specific Rules/Regulations: Have fund spending your fake cash!
Concerns/Nail Biters: Don't want to start any bad habits.
Success/Bragging Rights: They love it and what to know when we are going to do it again.
If I were to do it again, I would maybe get more tables – "Texas Hold'm"
Budget Summary: Expenses \$1800.
Support Equipment/Supplies: Entertainment Company Prizes, Staff
Staff Requirement: Dining Staff and Liberty Coordinator
Behavior Changes: Customers were able to have fund without spending money.



Fright Factor Dinner

Command: Naval District Washington Anacostia Annex
Point of Contact: Jenni Bowman
E-mail address: Jennifer.Bowman@navy.mil
Phone: (202) 433-2636/DSN 288-2636
Time of Day: Later Afternoon, 4-6 pm/2 hours
Number of Participants: 75 active duty/10 guests
Date event was held: October 27, 2004
Activity Goals: Get the Sailors to try something different.
Location: Furnari Dining Facility
Activity Highlights: Eating Pig Feet
Specific Rules/regulations: The winner had to be the first one done.
Concerns/Nail biters: Hope participants don't get sick.
Successes/Bragging Rights: No one puked. Fourteen were involved in the activity, the rest watched.
If I were to do it again, I would: Offer more separate activities, so more people would win prizes
Budget Summary: Expenses \$400
Support Equipment/Supplies: Prizes for participants
Staff Requirements: Dining Staff and Liberty Staff
Behavioral Changes to Participants: Got them to step out and try random things.

Dive-In Theatre

Command: NAWS China Lake
Point of Contact: Melissa Johnson
E-mail address: mis_redd@hotmail.com
Phone: (760) 939-4886
Time of Day: 8 pm/3 hours
Number of Participants: 13 active duty/2 guests
Date Event was held: Summer 2004
Activity Goals: relaxing entertainment by the pool
Location: Solar Pool
Activity Highlights: Pool games, floaties and movie
Specific Rules/Regulations: No food/drinks in the pool
Concern/s Need to be completely dark outside before the movie can be started
Successes/ Bragging Rights: NA
If I were to do it again, I would: Include a BBQ or movie snacks
Budget Summary:
Support Equipment/Supplies: Pool toys, 8mm player and movie, projector and speakers
Staff Requirement: Lifeguards and Liberty Staff
Behavioral Changes to Participants; Increased positive knowledge of liberty program and equipment

Riddle me this... for free concert tickets

Command: NAS Lemoore

Point of Contact: Shannon Clayboss

E-mail address: shannon.clayboss@navy.mil

Phone: (559) 997-8902/DSN 949-8902

Time of Day: Mid afternoon/45 minutes

Number of Participants: Active Duty: 30 +

Date event was held: April 5, 2005

Activity Goals: To get Single Sailors involved and motivated about the Program, and to provide a unique and exciting activity.

Location: NAS Lemoore

Activity Highlights

Specific Rules/Regulations: Single Sailors had to solve the riddle and find the Liberty Coordinator at a specific time.

Concerns/Nail biters: Whether the Sailors would actually solve the riddle, and if the Sailors would be allowed to participate during the working hours.

Successes/Bragging Rights: Commands were involved in the emails and riddle, having fun just trying to figure out where I was.

If I were to do it again, I would: Allow more time or give more clues to my whereabouts

Budget Summary:

Support Equipment/Supplies:

Staff Requirement: one

Behavioral Changes to Participants: The participants became excited about the hunt and realized the Liberty Program was for the Single Sailors, and offers more than just weekly trips.

Turkey Bowl

Command: NAS Brunswick, ME

Point of Contact: Windy Battaglia, LIBERTY Coordinator

E-mail address: windy.battaglia@navy.mil

Phone: (207) 921-1776/DSN 476-1776

Time of Day: Afternoon/1-2 hours

Number of Participants: Active Duty 20

Date event was held: The event is always held in November, usually on a Sunday (nothing exciting occurs on Sundays but laundry) and during a non-payday week.

Activity Goals: To take a frozen 10-12 pound turkey and knock down the highest total number of pins in two throws.

Location: Outside the Liberty Center on a flat, grassy location away from common entry ways due to the mess of the activity such as turkey guts and oil.

Activity Highlights: Watching men and women chuck a frozen turkey down an oiled plastic tarp without the participants sliding down with the turkey or the turkey "flying" off from over throws.

Specific Rules/Regulations: Everyone gets 2 throws, all must stay behind the designated "foul line," the person that knocks down the highest total number of pins in 2 throws wins. We give prizes out for first – third place finishers, everyone gets 2 practice tosses but after that, there are no "do-overs."

Concerns/Nail biters: Always cut the netting and netted handle off of the turkey before you give it to your group to throw. There was an instance where a Sailor went to toss the

bird and the handle broke which caused the turkey to fly into the crowd of onlookers and almost smacked someone in the head.

Successes/Bragging Rights: NAS Brunswick may be out in the middle of no man's land but we are crazy enough to have fun with a frozen turkey!

If I were to do it again, I would: I have done this event for 5 years and I always wish there was someone to video tape the whole thing.

Budget Summary: Income: NA the event is FREE Expenses: \$30 in groceries (may cost more if you need to buy more turkeys – we use just 1 bird) plus \$50 in prizes (I usually give away gift certificates – example \$25 to Wal-Mart, \$15 to the NEX and \$10 to a local music store). Profit/Loss: We do not make money from this event and your loss would be the cost of supplies.

Support Equipment/Supplies: 1 economy jug of vegetable, corn or peanut oil, 1 or more frozen 10-12 pound FROZEN turkeys (do not go over this weight as the birds are heavy as is and people get tired), 1 large roll of regular drop plastic from the hardware store and floor hockey bumper pads so that you can design your own "bowling lane."

Staff Requirement: This event can easily be pulled off with one person working a crowd of 20 adults. If you have more people I would recommend at least 3 staff to help set up with multiple lanes, laying down plastic, keeping score, etc.

Behavioral Changes to Participants: Every participant over the years has always said this event is stupid and you will not see me out there throwing a dead bird. However, after the first brave soul chucks the bird and everyone sees how funny it is, people start lining up left and right for the chance to throw some poor dead bird down your make shift bowling lane. Cell phones start coming out of pockets to call friends and more people stop by to participate or to encourage the bird bowlers. I even had a Sailor call his parents in Kentucky to tell them he was bowling a turkey! The following year those same people return and tell all the others what a great event it is.

Pie Eating Contest

Command: NSA Northwest Annex, Chesapeake, Virginia

Point of Contact: JUDY HUMMER

E-mail address: judith.hummer@navy.mil

Phone: (757) 421-8628/8644/8104

Time of Day: 5:30 pm/30 minutes

Number of Participants 14 active duty

Date event was held: 9 December 2004

Activity Goals: Find the WarHead in the Pie

Location: Mariner Center Dining Room

Activity Highlights: A couple of heads were pushed (from 'friends') into the pies & the guys really took it well. There were a few gasps from the crowd but everyone had fun.

Specific Rules/Regulations: Had to eat the pie with hands behind their backs. First one to find the 'WarHead' was the winner.

Concerns/Nail biters: That the Marines getting their heads pushed into the pies would get upset.

Successes/Bragging Rights: Everyone had a good time.

If I were to do it again, I would: I would use just 'Cool Whip'. The men were worried about PT and the Chocolate Cream Pie.

Budget Summary: Expenses: \$41.86

Support Equipment/Supplies: 14 Chocolate Cream Pies, 2 6' tables, napkins and plastic table cloths

Staff Requirement: 3 (Mgr., 2 Rec. Assts. Already scheduled to work)

Behavioral Changes to Participants: Relaxed, Laughing

Rocktoberfest ~ NS Fear Factor

Command: NS Great Lakes, IL

Point of Contact: Laura Oriani

E-mail address: loriani@nsmayport.spear.navy.mil

Phone: (904) 270-7788/DSN 960-7788

Time of Day: 6:00-9:00pm/3 hours

Number of Participants: 250 Active Duty

Date event was held: October 7, 2004

Activity Goals: Kick off NS Fear Factor and to give away a grand prize of airfare home during the holiday stand down time

Location: Parking Lot of the Enlisted Club

Activity Highlights: Live Entertainment (cover band) and First Fear Factor contest of "Sea Shakes". Shakes consisted of ice-cream, milk, clams, mussels, oysters, and sardines. Also had inflatable, outdoor basketball hoops, and food for purchase by the enlisted club.

Specific Rules/Regulations: Fear Factor rules, first one to chug and finish (completely swallow) the mini beer pitcher of the sea shake moved on to the finale. The finale was held a couple weeks before the holiday stand down period so the winner's air travel could be booked.

Concerns/Nail biters: Allergic reactions, what's really edible, always, always, sign have them sign those waivers.

Successes/Bragging Rights: Great program, NS Great Lakes is still running with it since it became very successful at that base.

If I were to do it again, I would: Always, have a back up generator for the showmobile.

Budget Summary: Income: \$150/Expenses: \$1200 Profit/Loss: (\$-1050)

Support Equipment/Supplies: showmobile, basketball hoops, inflatable, grill, tables, canopy tents for sponsors, bleachers, garbage cans, basketballs, equipment and supplies to make shakes.

Staff Requirement: 1 programmer, 1 intern, club staff of 3 to run the grill and beverage station.

Behavioral Changes to Participants: Excited to be at an event that would compare to something off base

Late Nite at the Loft

Command: NS Great Lakes, IL

Point of Contact: Laura Oriani

E-mail address: loriani@nsmayport.spear.navy.mil

Phone: (904) 270-7788/DSN: 960-7788

Time of Day: Midnight/3 hours

Number of Participants: 75-100 Active Duty

Date event was held: November 14, 2003

Activity Goals: To meet the demand of the sailors to stay open later

Location: The Loft

Activity Highlights: Music, Trivia, Pool tournament, Party themed movies in movie theater, X-box and Playstation tournaments

Specific Rules/Regulations: Give security a heads up that you're staying

open later than usual.

Concerns/Nail biters: Dealing with drunk sailors coming into the facility after they come back to base from bars out in town. Also finding the staff that would want to work those hours.

Successes/Bragging Rights: Good turn out for the trial run, it could be a good program to do every once in awhile.

If I were to do it again, I would: Change the hours of event to midnight until 2:00 am

Budget Summary: Income: \$200

Support Equipment/Supplies:

Staff Requirement: 2 Rec aides, 1 programmer

Behavioral Changes to Participants: Laid back, relaxed

All Night at the Liberty Lounge

Command: MWR CFAO, Okinawa Japan

Point of Contact: Miguel A. Jardine

E-mail address: MIGUEL.JARDINE@KADENA.AF.MIL

Phone: (011) 81-98 937-9049 / DSN 634-6916

Time of Day: 10:00 PM to 6:00 AM Length of Event: 8 HOURS

Number of Participants: 47 Active Duty

Date event was held: 24 December 2004

Activity Goals: To provide fun and entertainment to as many single Sailors as possible.

Location: Liberty Lounge, Okinawa Japan

Activity Highlights: Free soft drinks, pizzas, Xmas cookies, pies and DVD's. A trivia game contest was held using the Celebrity Game System and the winners were given a CD as a prize.

Specific Rules/Regulations: No take out on food or drinks

Concerns/Nail biters: Low turn-out

Successes/Bragging Rights: Extremely good turn-out. Do again

If I were to do it again, I would: Improve on advertisements.

Budget Summary: Expenses: \$200.00

Support Equipment/Supplies: Celebrity Game System. Paper cups, paper plates, napkins, forks and knives. DVD's for drawing and CD's for prizes.

Staff Requirement: Requires only one Staff member.

Behavioral Changes to Participants: Extremely happy.

WWE with White Castle Hamburgers

Command: Norfolk Naval Shipyard, Portsmouth, VA

Point of Contact: Teesha Harvin

E-mail address: Harvintd@nnsy.navy.mil

Phone: (757) 396-1192 or (757) 396-2451 / DSN 386-1192

Time of Day: 7pm

Number of Participants: 25 Active Duty

Date event was held: Monthly

Activity Goals: To give the patrons a chance to enjoy WWE while eating hamburgers and enjoying the atmosphere

Location: Norfolk Naval Shipyard, Portsmouth, VA

Activity Highlights: To see how the patrons get sooo involved in the wrestling matches

Length of Event: 4 hours

Specific Rules/Regulations: To have fun and enjoy the show!!



Concerns/Nail biters: N/A

Successes/Bragging Rights: The patrons month after month tell us how much they enjoy the wrestling matches and the fact that we feed them.

If I were to do it again, I would:

Budget Summary:

Support Equipment/Supplies: White Castle hamburgers, sodas, cooking equipment, and televisions

Staff Requirement: 2

Behavioral Changes to Participants: They enjoy themselves month after month

Cooking School: Sushi Night & Comedy

Command: FASW Point Loma

Point of Contact: Jenna Wiebke

E-mail address: jenna.wiebke@navy.mil

Phone: (619) 524-0961/DSN 522-0961

Time of Day: 5pm/6hrs

Number of Participants: 12 Active Duty/6 Guests

Date event was held: March 2005

Activity Goals: To teach sailors how to cook in a professional cooking school and have a few laughs at a comedy show.

Location: National Culinary Cooking School and the National Comedy Theater

Activity Highlights: Seeing the sailors learn how to roll sushi...having them eating it!

Specific Rules/Regulations: There were some basic safety precautions at the cooking school to follow.

Concerns/Nail biters: Having sailors work with sharp knives (ahh) & the sushi may of scared some sailors off from signing up for the trip

Successes/Bragging Rights: I thought that this was a unique event, allowed them to actually learn something in addition to just having a good time!

If I were to do it again, I would: Organize to have a variety of food to be made or for them to choose the meal they would prepare

Budget Summary: Income: \$480 Expenses: \$460 Profit/Loss: Loss of \$20

Support Equipment/Supplies: Van, comedy admission tickets, the check for the cooking school

Staff Requirement: One driver to drive the sailors

Behavioral Changes to Participants: They seemed more interested in this event, more in tuned and paid attention to the instructors at the cooking school

Downtown Scavenger Hunt

Command: FASW Point Loma

Point of Contact: Jenna Wiebke

E-mail address: jenna.wiebke@navy.mil

Phone: (619) 524-0961 DSN: 522-0961

Time of Day: 5pm/4hrs

Number of Participants: 14 Active Duty/1 Guests

Date event was held: November 2004, April 2005

Activity Goals: To educate the sailors on our local downtown area, places to eat and what to do. To also provide a fun, cheap and interactive event off the base for "broke" sailors!

Location: Gaslamp District in San Diego, CA

Activity Highlights: Having the teams running around taking crazy pictures was great to see!

Specific Rules/Regulations: There was a specific task sheet given out to each team that they had to complete in order to find our dinner location, otherwise you'd go hungry.

Concerns/Nail biters: Having sailors run around without supervision in downtown San Diego

Successes/Bragging Rights: Afterwards, those participants claimed that this was their favorite event MWR has hosted.

If I were to do it again, I would: Have more teams and open it up to other bases to participate in

Budget Summary: Income: \$210 Expenses: \$180 Profit \$30

Support Equipment/Supplies: 5 Polaroid Cameras, Polaroid film, task sheet, van, dinner and game prizes

Staff Requirement: One driver to drop the sailors off and to meet them at the restaurant

Behavioral Changes to Participants: They seemed to feel free out in town, were able to laugh as civilians and enjoy the event

Super Bowl XXXIX (39) Party

Command: Norfolk Naval Shipyard Portsmouth, Virginia

Point of Contact: Teesha Harvin

E-mail address: Harvintd@nnsy.navy.mil

Phone: (757) 396-1192 or (757) 396-2451/DSN 386-1192

Time of Day: Noon to 10 pm/10 hours

Number of Participants: 30 Active Duty

Date event was held: February 6, 2005

Activity Goals: To have a safe and friendly atmosphere to watch the game and to have a GREAT time!!

Location: Norfolk Naval Shipyard, Portsmouth, VA Rusty Anchor Liberty Center

Activity Highlights: The patrons came enthusiastic and ready to cheer for their favorite team. We had a fabulous spread catered and piping hot pizza along with soft drinks. At halftime, we did a football trivia game where the patrons come win fabulous prizes including authentic football jerseys & ball caps of the teams playing in the Super Bowl.

Specific Rules/Regulations: They had to be present to win, no cheating, and they had to have LOTS of fun!!!!

Concerns/Nail biters: whether we were going to have enough food/drinks, if we had covered all of our bases but in the end, it was a BLAST!!

Successes/Bragging Rights: We had a young service member come up to us as we were cleaning at the end of the night and he told us how thankful he was that we had the Super Bowl party because he usually watches with his dad and this was the first year that he couldn't and that we made him feel welcomed and he really appreciated us doing this. It made my team members and I feel like we made a difference that day.

If I were to do it again, I would: have more festivities and games

Budget Summary:

Support Equipment/Supplies: Food, televisions, decorations, and prizes

Staff Requirement: 3 staff to get facility decorated, food set-up, and to monitor over facility

Behavioral Changes to Participants: They really had a great time and enjoyed themselves.

Regional Overnight Ski Trip to Timberline Ski Resort in West Virginia

Command: MWR Mid-Atlantic Region
Point of Contact: Andy Thomson
E-mail address: thomsona@nablc.navy.mil
Phone: (757) 462-3117

Time of Day: 9:00AM-4:00PM (Skiing)/2 Days
Number of Participants: 26 Active Duty/7 Guests
Date event was held: February 26-27, 2005

Activity Goals: To provide a fun and inexpensive ski trip to active duty military and their guests

Location: Lodging in MWR cabins at NSGA Sugar Grove / Skiing at Timberline Resort in West Virginia

Activity Highlights: Skiing/snowboarding at Timberline ; hanging out/socializing at Sugar Grove

Specific Rules/Regulations: No personal ski equipment allowed (no room to transport)

Concerns/Nail biters: Weather/Driving conditions; group behavior; itinerary (staying on schedule)

Successes/Bragging Rights: Trip Price (\$60 for transportation, lodging, 3 meals, lift ticket, ski rental, and ski lesson if needed) ; Itinerary was followed perfectly

If I were to do it again, I would: Have group fill out ski rental forms in advance to save time at resort

Budget Summary: Income: \$1,980.00 Expenses: \$1,755.25 Profit/Loss: \$224.75

Support Equipment/Supplies: 15-Passenger Vans; Portable DVD players; DVD movies; walkie-talkie radios

Staff Requirement: 4 staff trip leaders

Behavioral Changes to Participants: Many people learned to ski for the first time. Some people talked about going back to Timberline on their own or with their family in the future.



Reindeer Patrol

Command: NAS Jacksonville
Point of Contact: Danny Calhan
E-mail address: Daniel.Calhan@navy.mil
Phone: (904) 542-3491/DSN 942-3491

Time of Day: Morning/3 hours

Number of Participants: 200 Active Duty

Date event was held: Christmas Day

Activity Goals: Morale boost for Active Duty standing watch on Christmas Day.

Location: Base wide

Activity Highlights: Driving around base delivering goodie bags using a golf cart as people stare at the dressed up cart and the crazy people in it.

Specific Rules/Regulations: Ability to gain access to departments and commands.

Concerns/Nail biters:

Successes/Bragging Rights:

If I were to do it again, I would: I would start Christmas Eve night and leave goodie bags for those who are working that night and leave bags for the people who are working the next day.

Budget Summary: Expenses: \$300

Support Equipment/Supplies: Goodie bag stuffers (candy, cookies, “nic-nacs,” etc.), vehicle, and decorations.
Staff Requirement: 2 +
Behavioral Changes to Participants: Appreciation was felt when we entered and left as frowns turned to smiles.

Golf Lessons and Round of Golf

Command: NAS Jacksonville
Point of Contact: Danny Calhan
E-mail address: Daniel.Calhan@navy.mil
Phone: (904) 542-3491/DSN 942-3491
Time of Day: Afternoon/3 hours +
Number of Participants: 10 Active Duty
Date event was held: Summer Time
Activity Goals: Improve or introduce game of golf to sailors.
Location: NAS JAX Golf Course
Activity Highlights: Watching the participants get excited by the improvement in their game in a short amount of time.
Specific Rules/Regulations: Active duty E1-E5 unaccompanied only
Concerns/Nail biters:
Successes/Bragging Rights:
If I were to do it again, I would: I would start Christmas Eve night and leave goodie bags for those who are working that night and leave bags for the people who are working the next day.
Budget Summary: Income: \$5 per person/Expenses: \$20 per person/Profit/Loss:-150
Support Equipment/Supplies: Head Golf Pro, golf clubs, golf balls
Staff Requirement: 1
Behavioral Changes to Participants: Participants were eager to come out on their own and play again.

Fleet Bash

Command: Naval Station Pearl Harbor
Point of Contact: Marc Milles
E-mail address: millesml@pearlhrbor.navy.mil
Phone: (808) 473-4279 Cell: (808) 306-8840
Time of Day: 11 am-1pm/2 Hours
Number of Participants: 160 Sailors from the USS Buffalo
Date event was held: April 5, 2005
Activity Goals: Greet the Sailors with some food and fun and reach out to them to find their needs by handing out geographical surveys.
Location: Pearl Harbor Sub-Base/Sierra Pier
Activity Highlights: Monster Trike Race, Beanbag toss, Horseshoe, Tattoo Face-off,
Specific Rules/Regulations: (None) Try not to have too much fun.
Concerns/Nail biters: While doing the Fleet Bash, the USS Buffalo was under repair thus causing trucks and cranes to be a safety issue.
Successes/Bragging Rights: This was our first ever-Fleet Bash. It was a total success. We have the pictures to prove it. We had the sailors fill out a survey on things they wanted to do while here in Hawaii. (i.e. surfing, hiking, paintball, skydiving...), they were rewarded by a party of food and fun. Food was hot dogs, chips, and soda or juice. We then had

them play games like, beanbag toss, horseshoes, trike race, tattoo face-off, and Liberty in Hawaii Trivia.

If we were to do it again, we would: Have more activities like the “Rock Wall”, that we couldn’t set-up due to lack of space on the dock with the cranes and tractor trailer.

Budget Summary: \$19,600.00 for 28 events

Income: None

Expenses: \$2.50 per participant

Profit/Loss: None

Support Equipment/Supplies: Games, Portable (Rolling) Grill, Tents, Sound System w/CD music, Condiments and Utensils,

Staff Requirement: 2 Cooks, 1 MC, 3 Support Staff for handling games and food.

Behavioral Changes to Participants: From sitting down and just eating lunch to getting up and having a good time. Starting with the games, ending with a trike race, spirits were lifted and running high!

Great Escape Hamburger Eating Contest

Command: NAS Oceana Virginia

Point of Contact: Curtis Nelson

E-mail address: nelsonc@nasoceana.navy.mil

Phone: (757) 433-2391 or 433-2112

Time of Day: Evening 6 to 8 pm/2 Hours

Number of Participants: 30 active duty

Date event was held: February 20, 2005

Activity Goals: A place to watch WWE and have some fun before the big event.

Location: NAS Oceana Virginia-Great Escape

Activity Highlights: Customers came hungry and ready to eat. We served hamburgers donated by White Castle and assorted cold soda. The winner received a PS2 and games.

Specific Rules/Regulations: The person who ate the most burgers in 12 minutes was the winner.

Concerns/nail biters: We had everything planned out no real concerns always room to improve on the next event.

Successes/Bragging Rights: Everyone that participated really enjoyed themselves.

The winner ate 30-burgers.

If I were to do it again, I would: reduce the time of the eating contest.

Budget Summary: Expenses: \$77.00

Support Equipment/Supplies: Tables, table covers, glass plates, cups, ice, assorted soda, food warmer and the hamburgers.

Staff Requirement: 4 staff members, two supporting the tables and a time- keeper and one staff to supply hamburgers as needed.

Behavioral Changes to Participants: This was the first time for some of the sailors and they really enjoyed this free all you can eat contest.



Texas Hold'em Weekly Tournament

Command: Naval Station Annapolis

Point of Contact: Tiffany L. Eichelberger

E-mail address: eichelbe@usna.edu

Phone: (410) 212-6373

Time of Day: 5 to 10 pm/5 hours

Number of Participants: 20 – 35 each week (average of 115 per month)

Guests: Guest may play however they are exempt from winning prizes.
Date event was held: Every Wednesday of each month
Activity Goals: Acquire a new skill, socialize with fellow service members, friendly competition and bring the service members into the LIBERTY ZONE!
Location: LIBERTY ZONE (Recreation Bldg. 89)
Activity Highlights: FOOD, Treats, PRIZES and playing TEXAS Holdem'
Specific Rules/Regulations: Yes, we have established the rules of the game; start time, chip count and how prizes are awarded.
Concerns/Nail biters: None
Successes/Bragging Rights: This is a GREAT program! It has brought life back to the LIBERTY Zone and it really brings the sailors out of their barracks. We started with 6 players and now we have 15 loyal TEXAS Holdem' players. This program was started by the sailors; I did the leg work for them.
If I were to do it again, I would: CHANGE nothing!
Budget Summary: Monthly Expenses \$250.00
Prizes: \$150.00, Food and Beverage: \$100.00
Profit/Loss: \$250.00
Support Equipment/Supplies: (2) 10 seat Poker Tables (\$730.00)
Poker Chips (\$350.00), Food, Beverage, Treats, Prizes, Trophies, T-shirts
Staff Requirement: 1 – 2 depending on number of participants

Single Sailor Easter Egg Hunt

Command: Naval Base Guam
Point of Contact: Tamara M.C. Esteves
E-mail address: n146@guam.navy.mil
Phone: (671) 564-1851/52 DSN 339-4153
Time of Day: late afternoon/3 hrs.
Number of Participants: 75 Active Duty
Date event was held: 20 March 05
Activity Goals: Dig up 5 eggs and then play "Let's make a deal"
Location: Single Sailor Sanctuary sand volleyball court (AKA "the Cage")
Activity Highlights: FREE pizza and music; chance to win a VIP ticket to the "3 Doors Down" Concert
Specific Rules/Regulations: Each participant will be blindfolded, on their hands and knees they must pick up no more than 5 eggs within 45 seconds; afterwards they have to choose whether to keep all five eggs/prizes or trade it in for what was behind door #1, #2 or #3
Concerns/Nail biters: Weather
Successes/Bragging Rights: lots of participants, weather was great, everyone had a great time
If I were to do it again, I would: wet the volleyball court to make it messier/harder
Budget Summary: Expenses: \$200.00
Support Equipment/Supplies: canopy, table, chairs, stopwatch, PA system, bull horn
Staff Requirement: three staff
Behavioral Changes to Participants: They loved it; had a great time

Cardboard Boat Regatta

Command: Naval Base Guam
Point of Contact: Tamara M.C. Esteves

E-mail address: n146@guam.navy.mil
Phone: (671) 564-1851/52 DSN 339-4153
Time of Day: Early afternoon/5 hours
Number of Participants: 100 Active Duty/175 Guests
Date event was held: President's Day February 21, 2005
Activity Goals: Build a boat out of cardboard that must be raced in the water
Location: Marina
Activity Highlights: FREE food, music, inflatable slide, duck races
Specific Rules/Regulations: Boat must be made only of cardboard and duct tape
Concerns/Nail biters: Weather, water conditions, and minimal participation
Successes/Bragging Rights: 10 entries, weather was fabulous, everyone had a great time
If I were to do it again, I would: Don't know, everything went as expected
Budget Summary: Income: \$500.00/Expenses: \$800.00/Loss: \$300.00
Support Equipment/Supplies: canopies, tables, chairs, sound system, stopwatch, plastic ducks, clipboards, pens, bullhorn, trophies
Staff Requirement: four staff members; food was catered
Behavioral Changes to Participants: Everyone left with smiles on their faces

Wind & Sea/Café Bellisimo

Command: Naval Station Norfolk
Point of Contact: Meghan Blair
E-mail address: m.a.blair@nsn.cmar.navy.mil
Phone: (757) 444-4033
Time of Day: 5 pm/4hours
Number of Participants: 400 Active Duty/100 Guests
Date Event was held: Super Bowl Sunday, February 6, 2005
Activity Goals: To provide fun and games to our military during Super Bowl!
Location: Wind & Sea / Café Bellisimo
Activity Highlights: Trivia Games / Putt Putt Golf / Prizes / Food / Raffle
Specific Rules / Regulations:
Rules: Everyone Participating had to be Active Duty
Putt Putt Golf: First person to get a hole in one- wins a prize
Trivia Game: Contestants entered to participate in the trivia contest. We had a single elimination round and the last person to answer correctly won a prize.
Prizes: We raffled prizes to participants, the participants would write down their favorite team on a raffle ticket and every quarter of the Super Bowl we would call out the winning number.
Concerns / Nail Biters: There were so many people in the facility, we wanted to make sure everyone got their needs met whether they were football fans or not.
Successes / Bragging Rights: This was the most successful Super Bowl Party to date. With our new café opening we were able to pack in at least 100 more people. With the addition of televisions and a new projection system, all patrons were very happy. The prizes that we had this year were phenomenal; NFL Hats, Team Jersey's, Footballs, and etc.
If I were to do it again, I would: Have more activities planned and have different food.
Budget Summary: Expenses: \$1,500
Support Equipment / Supplies: Marketing, Games, and Breezy Point Officer's Club that prepared food for our event.

Staff Requirement: 10 staff participated in running the event throughout the day from set-up to breakdown.

Behavioral Changes to Participants: Our customers felt a sense of belonging and were able to enjoy the party with other military personnel. Many of the patrons complimented us on the outstanding job we did and thanked us for the prizes. Our customers are generally happy but special events make a difference to someone trying to get away from the ship for a moment.

Latte Mornings and Evening (Better than Starbucks, because they're made with love)

Command: NAS Patuxent River, Maryland

Point of Contact: Michele Kessler

E-mail address: Michele.Kessler@navy.mil

Phone: (301) 757-1394/DSN 757-1394

Time of Day: Marine Barracks 5:30-8:00am / Freedom Lounge 4:30-7:00 pm

Number of Participants: All active duty barracks residents

Date event was held: Monthly

Activity Goal: Social activity- Jump-start their day or night with Java

Location: In the Marine Barracks and the Freedom Lounge

Activity Highlights: We made a wide variety of lattes and had board games, chess sets; electronic hand held games and Playstation out for the residents use.

Specific Rules/Regulations: Only to enjoy the night

Concerns/Nail biters: Dislike my latte machine breaking down and having to make just our regular coffee for the residents

Successes/Bragging Rights: Most popular with the Marines, love when they ask me when are we going to do it again.

If I were to do it again, I would: I would have two more latte machines going for the Marines, those Marines love coffee.

Budget Summary: Expenses: Initial Latte Machine \$650 (on sale), assorted flavoring - \$6.95 per bottle, a pound of espresso \$9.95 and of course fat free milk (it froths the best)

Staff Requirement: At the Marine barracks – 2 staff members, Freedom Lounge 1 staff.

Behavioral Changes to Participants: Most of the changes were in the Marine side of the program. The smiles on their faces when I walk into the building are priceless and the participation is overwhelming. They are the reason I bought a bigger latte machine, so I could get more lattes made in an hour. I had two espresso machines that I could only do one latte at a time. My new machine allows me to do 3.

Super Bowl Party

Command: Dam Neck Virginia

Point of Contact: Marla McGuinness

E-mail address: mmcguinness@MWR.HRCOXMAIL.com

Phone: (757) 492-7357 or (757) 492-6806

Time of Day: Evening, Noon to 10 pm/10 hours

Number of Participants: 250 Active Duty/20 Guests

Date event was held: February 2005

Activity Goals: To have a place to watch the game and have fun doing it

Location: Dam Neck Virginia-OASIS

Activity Highlights: People came in their favorite football jerseys. We served fresh pizza, finger food and soft drinks. At Half Time we had a GRAND PRIZE DRAWING for two



authentic NFL Jerseys from each NFL Teams Quarterbacks. We had trivia contest and through the nerf ball around.

Specific Rules/Regulations: They had to be there to win, and they put their name in the box with their Jersey preference.

Concerns/Nail biters: Details, as always but we had no real setbacks; the staff and I were ready to go!

Successes/Bragging Rights: One of our Marines made a field goal out of tin foil and it was up for the game. Everyone loved the decorations and the food and the prizes.

If I were to do it again, I would: I would have ordered more pizzas

Budget Summary: Profit/Loss: -\$500

Support Equipment/Supplies: Televisions, decorations, food service items.

Staff Requirement: 4 staff for decorating, food prep, over all keeping the place running

Behavioral Changes to Participants: They had a good time and really enjoyed themselves.

Mardi Gras Party

Command: Naval Station Annapolis

Point of Contact: Marla McGuinness

E-mail address: mmcguinness@MWR.HRCOXMAIL.com

Phone: (757) 492-7357 or (757) 492-6806 DSN: NA

Time of Day: Evening, 7 pm to Midnight/5 hours

Number of Participants: 70 Active Duty/25 Guests

Date of event: February 2002 (Date caused concerns about a low turn out.)

Successes/Bragging Rights: This set the standard for a mid-winter command event.

If I were to do it again, I would: Attempt to get sponsorship.

Budget Summary: Expenses: \$700

Support Equipment/Supplies: Finger food/drinks, decorations, DJ, mask and beads

Staff Requirement: four staff for decorating, food prep, over all putting it on

Behavioral Changes to Participants: Quickly got the customers into the theme and spirit of Mardi Gras.

Activity Goals: To get the Active duty out to have a good time without alcohol.

Location: Naval Station Annapolis

Activity Highlights: People dressed in costumes, and danced. We served an authentic King Cake from New Orleans, and made my husband cook Jambalaya. We had a limbo contest, and King and Queen crowning

Specific Rules/Regulations: None

Concerns/Nail biters: Pre-event advertisement was not as robust as I wanted due to a variety of reasons and I was concerned about a low turn out.

Successes/Bragging Rights: This set the standard for a mid-winter command event.

If I were to do it again, I would: Attempt to get sponsorship.

Budget Summary: Expenses: \$700

Support Equipment/Supplies: Finger food/drinks, decorations, DJ, mask and beads

Staff Requirement: four staff for decorating, food prep, over all putting it on

Behavioral Changes to Participants: Quickly got into the theme and spirit of Mardi Gras.

Over Night White Water Trip Government Grant

Command: Naval Station Annapolis (prior to VA Beach)

Point of Contact: Marla McGuinness

E-mail address: mmcguinness@MWR.HRCOXMAIL.com

Phone: (757) 492-7357 or (757) 492-6806

Time of Day: 6 am/2 days
 Number of Participants: 30 Active Duty
 Date event was held: May 2002
 Activity Goals: To let the Active duty military experience a chance of a lifetime
 Location: Naval Station Annapolis-Pennsylvania OHIO/PYLE Valley
 Activity Highlights: We had a blast! We drove to Pennsylvania and stayed the night. We ordered pizza for supper and we woke up to the rapids. Ate lunch on the water and stayed to watch and/or purchase the video.
 Specific Rules/Regulations: To use the safety lesson taught by the rafting guides
 Concerns/Nail biters: Someone getting hurt on my watch
 Successes/Bragging Rights: We talked about this for days!
 If I were to do it again, I would: Get a company that has guides INSIDE the boats not just on canoes
 Budget Summary: Income: \$3000 Grant FUNDED Expenses: \$3000 Profit/Loss: -0-
 Support Equipment/Supplies: Brought snacks and drinks with us. Extra warm clothes
 Staff Requirement: Two staff to drive the vans
 Behavioral Changes to Participants: They had a good time and really enjoyed themselves. We charged everyone \$10 so they would show up for the event. We used this money to cover expenses of snacks and food there. Otherwise this was a grant-funded event and paid in full. I had to ask in writing and apply for the grant in order to receive it.

Video Gaming Tournament

Command: Naval Air Station Corpus Christi
 Point of Contact: John Frisco
 E-mail address: john.frisco@navy.mil
 Phone: (361) 961-6405/DSN 861-6405
 Time of Day: 5 to 11 pm/one day
 Number of Participants: 46 Active Duty/Guests 20
 Date event was held: March 24, 2005



Activity Goals: Tournament
 Location: Liberty Center
 Activity Highlights: Kiosks stations, giveaways and FREE food!!!
 Specific Rules/Regulations: Timed event / must be present to win
 Concerns/Nail biters: PARTICIPATION!!!!
 Successes/Bragging Rights: The event was totally funded by the Game Stop of Dallas Texas. (They coordinated the event, created flyers/posters, set-up and facilitated). All we had to do was market the event.
 If I were to do it again, I would: Nothing
 Budget Summary: Expenses \$175.00
 Support Equipment/Supplies: GameStop supplied all equipment.
 Staff Requirement: 3 staff members
 Behavioral Changes to Participants: The WOW! Factor!

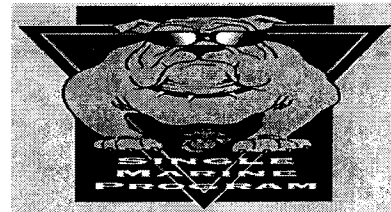
Survival Weekend

Command: Naval Air Station Corpus Christi, Texas
 Point of Contact: John Frisco
 E-mail address: john.frisco@navy.mil
 Phone: (361) 961-6405/DSN: 861-6405
 Time of Day: 5 pm/3 days and 2 nights

Number of Participants: 25 Active Duty/6 Guests
 Date event was held: May
 Activity Goals: Compete against two teams
 Location: State Park
 Activity Highlights: Scavenger Hunt
 Specific Rules/Regulations: A list of events will be presented during the weekend. Each team must complete each event. The team with the most points at the end of the weekend will win "Survival Weekend".
 Concerns/Nail biters: Injury/dehydration
 Successes/Bragging Rights: Survival Weekend has been facilitated for three years and is one of the most popular events at our base. Injury free.
 If I were to do it again, I would: More sponsorship, more staff
 Budget Summary: Income: \$1650/Expenses: \$2200 Profit/Loss: -\$550
 Support Equipment/Supplies: All outdoor equipment is provided by ORAC – Outdoor Recreation. Food is supplied by base restaurant. Transportation is provided by MWR. Storage truck, fuel, t-shirts, plaque, sodas& water, and campsite were sponsored.
 Staff Requirement: 2 drivers, 3 set-up crew
 Behavioral Changes to Participants: Team building, organizational, creativity, competitive, resourceful and enthusiastic. These are the key elements of this activity. Some activities challenge your mind over your physical strength.

Single Marine Program Las Pulgas Barracks Bash

Command: Marine Corps Base Camp Pendleton
 Point of Contact: SMP Coordinators Ben Hogg and Alex De Los Santos
 E-mail address: hoggbd@pendleton.usmc.mil and benhogg9@hotmail.com
 Phone: (760) 725-7857



Time of Day: 10 am to 2 pm/4 hours
 Number of Participants: 1,200-1,500 Active Duty Marines
 Date event was held: Thursday March 3, 2005
 Activity Goals: To bring a free day of fun to the area and entertain as many Marines as possible.
 Location: Camp Pendleton, CA (Las Pulgas/43 Area)
 Activity Highlights: Rock band "Rev" played an hour set, Lakers/Hooters/Gulls/Riptide Girls signed autographs, free ice cream from Archie's, pro golfers on hand with Par 3 course and tips on how to improve swing with prizes (clubs, balls, etc...), Orbitron, Fast Pitch, Home Depot obstacle course, free burgers, hot dogs, chips, cookies, and beverages provided by SMP, jousting, Pioneer Services gave out a free X-Box, bungee bounce, and a local DJ played all the latest jams.
 Specific Rules/Regulations: Have fun, represent your command well, no alcohol.
 Concerns/Nail biters: The amount of Marines who would attend.
 Successes/Bragging Rights: Appreciation from the area command and overall morale booster for all involved.
 If I were to do it again, I would: Start grilling earlier to cut down food lines.
 Budget Summary: Income: none Expenses: \$15,000-\$20,000 Profit/Loss: none
 Support Equipment/Supplies: All food, utensils, etc... Support logistically from area command (power outlets, parade deck reservation, making it a mandatory fun day for all area Marines)

Staff Requirement: 3 SMP coordinators, 5 SMP Marine reps from Executive Board, 6 grillers, 30-marine working party, vendors)
Behavioral Changes to Participants: Huge boost in morale in area and helped show Marines what the Single Marine Program is all about. Encouraged overall program involvement in the future.

Super Bowl Party at the Barracks

Command: Naval Hospital, Beaufort, South Carolina

Point of Contact: Brett Westerfield

E-mail address: westerfieldb@usmc-mccs.org

Phone: (843) 228-1541/DSN 335-1541

Time of Day: 5 pm/6 hours

Number of Participants: 75 Active Duty/25 Guests

Date event was held: February 6, 2005

Activity Goals: To boost the moral of the Sailors

Location: The BEQ BLDG 148

Activity Highlights: Free Pizza, Wings and Drinks

Specific Rules/Regulations: N/A

Concerns/Nail biters: N/A

Successes/Bragging Rights: The event was a success because we have only 100 residents in the facility and we had 90% of them at the Super Bowl Party. We kept them out of the clubs and bars for the night and we didn't have any drinking and driving incidents. So, overall the event was a tremendous success.

If I were to do it again, I would: Have to order more food.

Budget Summary: Expenses: \$174.25

Support Equipment/Supplies: N/A

Staff Requirement: Liberty Coordinator

Behavioral Changes to Participants: This boosted their morale and we have made the barracks parties into a monthly thing. We have seen that the Sailors have responded very well to the parties and have become more outgoing. We have also involved the Chiefs into coming out and cooking for them during the barracks events. We have gotten a lot of support from the command with this.

St. Patrick's Day Party

Command: NAS Fallon

Point of Contact: Dee Haberthur

E-mail address: Deanna.Haberthur@navy.mil

Phone: (775) 426-2836/DSN890-2836

Time of Day: 5-10 pm

Number of Participants: 200 Active Duty/25 Guests

Date event was held: 17 March 05
Activity Goals: To "feed" the single sailor/geo-bachelors!

Location: Liberty Center

Activity Highlights: FREE FOOD and FREE GIFTS

Specific Rules/Regulations: Show up

Concerns/Nail biters: Would we have enough food or not enough people???

Successes/Bragging Rights: Success, all the attendees loved it and we were able to have "Happy Hours" food all weekend.

If I were to do it again, I would

Budget Summary:
Support Equipment/Supplies:
Staff Requirement
Behavioral Changes to Participants

Halloween Day Fear Factor Eating Event

Command: CFAY, Yokosuka Naval Base, Japan
Point of Contact: Jason J. Symak
E-mail address: Symak.Jason@cfay.navy.mil
Phone: (011-81) 46816-7284/DSN: 243-7284
Time of Day: 7 pm /2 hours
Number of Participants: 10 Active Duty/300 Guests (audience)
Date event was held: October 31, 2004
Activity Goals: Use Japanese culture and promote Liberty Program with large audience
Location: Spectrum Single Sailor Liberty Center
Activity Highlights: Using extreme Japanese foods and having people laughing, clapping and cheering.
Specific Rules/Regulations: 3 elimination rounds; must not spit food out in garbage can
Concerns/Nail biters: people throwing up, but everything was cleared through hospital
Successes/Bragging Rights: original idea, 300 people in attendance, and more programs are using the idea.
If I were to do it again, I would: Allow more contestants.
Budget Summary: Expenses: \$300
Support Equipment/Supplies: Extreme Japanese food, DVD player for prize, MWR Gift certificates, and blender/plates/tables/chairs/garbage cans
Staff Requirement: four employees-two watching the center counter, two conducting event
Behavioral Changes to Participants: Loved it and pumped up Liberty program with excitement

Liberty Summer BBQ

Command: National Naval Medical Center, Bethesda, Maryland
Point of Contact: Carol Morris
E-mail address: cliberty@mwrbethesda.com
Phone: (301) 319-8431/DSN 285-8431
Time of Day: evening/4:30-8:00 pm
Number of Participants: 70 Active Duty
Date event was held:
Activity Goals: Social Activity
Location: Outside Barracks
Activity Highlights: Chocolate Covered Cicadas
Specific Rules/Regulations: Participants must eat cicadas to receive t-shirt
Concerns/Nail biters: Sanitary/Safety issue of eating Cicadas
Successes/Bragging Rights: Largest BBQ turn out of the summer!
If I were to do it again, I would: Definitely, but cicadas only come every 17 years!
Budget Summary: Expenses: \$300
Support Equipment/Supplies: Grill, Cicadas
Staff Requirement: 4 staff total (2 Liberty coordinators and 2 rec. aides)



Behavioral Changes to Participants: Although grossed out, they were more than willing to participate in the activity- left their comfort zone.

Liberty Have Fondueing It!

Command: National Naval Medical Center, Bethesda, Maryland

Point of Contact: Carol Morris

E-mail address: cliberty@mwrbethesda.com

Phone: (301) 319-8431/DSN 285-8431

Time of Day: 4:30-8 pm

Number of Participants: 70 Active Duty

Date event was held: February 03 & 05

Activity Goals: Cultural/ Learning Experience

Location: Liberty Zone

Activity Highlights: Fondue & Rachelette Buffet w/informational packet

Specific Rules/Regulations: All Welcome to Participate

Concerns/Nail biters: Sanitation, walk up program, and not sure how many participants to expect

Successes/Bragging Rights

If I were to do it again, I would: Definitely

Budget Summary: Expenses: \$200

Support Equipment/Supplies: Fondue Pots, Rachelette, cheeses, veggies, bread, chocolate, cookies, Sterno

Staff Requirement: 2 staff total (1 Liberty coordinators and 1 rec. aide)

Behavioral Changes to Participants: Sailors took interest in learning about fondue

SoberFest '04

Command: MCAS Miramar

Point of Contact: Alisa Hertzler, Single Marine Program Coor.

E-mail address: hertzlera@usmc-mccs.org

Phone: (858) 577-6283/DSN 267-6283

Time of Day: Late evening-early morning

Length of Event: A few events over a 2-day period

Number of Participants: 92 Active Duty/10 Guests

Date event was held: 2-3 April 2004

Activity Goals: In celebration of National Alcohol-Free Weekend, the activity was designed to convey the message to the service members that alcohol is not essential to having fun.

Location: MCCS Ball Fields; MCCS Gymnasium

Activity Highlights: Mud Match (mud wrestling, same sex); Midnight Madness

Basketball Tournament; Designated Drivers Association volunteering.

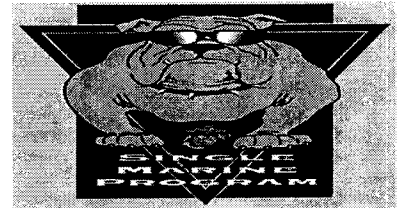
Specific Rules/Regulations: No alcohol at any of the events; had to be sober to participate; HAVE FUN!!

Concerns/Nail biters: Had to make sure mud wrestling was an approved activity and obtain command permission.

Successes/Bragging Rights: 92 Marines/Sailors not drinking on the weekend is a great success!

If I were to do it again, I would: Ensure the mud is COMPLETELY clear of rocks and sticks. OUCH!

Budget Summary: Income: \$160/Expenses: Roughly \$1K/N/A-budgeted loss



Support Equipment/Supplies: BBQ equip (for the Mud Match); inflatable baby pool (for the Mud Match); mud; hose (water supply); towels/rags.

Staff Requirement: 2 referees for Mud Match; referees for Basketball Tournament; 2 for BBQ; 5 for clean up (that's a lot of mud)!!

Behavioral Changes to Participants: Several of our volunteers participated in the DDA for the first time that weekend, and have since continued volunteering for the organization.

APPENDIX

Dodge Ball Rules – New London

Scavenger Hunt- FASW

St Patrick's Day Hand Out

RULES FOR THE MWR DODGEBALL TOURNAMENT

Dodgeball will be played by two teams of 6 players each. The object of the game is to eliminate all opposing players by getting them "OUT". The first team to legally eliminate all opposing players will win the game. There will be a 5-minute time limit for each game. If neither team has been eliminated at the end of regulation time, the team with the most players remaining in the game will be the winner. If the number of players remaining is equal for both teams after regulation time, a sudden death overtime period will be played by the remaining players. The overtime period will use the same rules as a regular game.

THE COURT

The game will be played on a court in Morton Hall Gymnasium. The estimated size of the court is 33' X 80', marked by green tape sidelines, surrounded by netting.

Boundaries:

1. GREEN SIDE LINES designate the out-of-bounds areas around the court.
2. There will be 2 GREEN TEAM LINES crossing the court. No player may step on or beyond the line closest to the opponent's green end line. The area between the TEAM LINES is a neutral zone where both teams may enter.

All players are confined to the court. Players may intentionally leave the playing area on their side of the court **only** to retrieve a ball. If a ball is thrown out-of-bounds, it must be given to the team that is on that side of the court.

****If a player steps on or over any outside green line except to retrieve a thrown ball that player is OUT.***

MATCH PLAY:

Matches will be decided using the "best-of-three" format in which the first team to win two (2) games will be declared the winner.

BEGINNING THE GAME:

Games will begin with four balls evenly divided between the two teams. All team members shall stand on their GREEN END LINES until the referee signals to start the game.

GETTING YOUR OPPONENT OUT:

A player is out of the game if:

1. DIRECT HIT - when any part of an opponent's body or clothing, with the exception of the head and neck, is hit by a live thrown ball the player is out.
2. If an opposing player CATCHES a live thrown ball before it touches the floor, the thrower is out. (A catch has to be by the original targeted individual.)
3. A player holding a blocking ball is out if that blocking ball has been knocked loose and hits the floor.
4. If a player goes OUT-OF-BOUNDS to avoid getting hit, the referee will call them out.

5. If a player goes OUT-OF BOUNDS to retrieve a ball and is hit by a thrown ball the player is out.

***If a player goes OUT-OF BOUNDS to retrieve a ball he must return IN BOUNDS before making a throw.**

DEFLECTIONS:

1. Deflections off the floor, walls, held/blocking balls and officials are "dead balls" and may not create an out.
2. Deflections off a teammate do not count, and only the originally hit player is out.
3. If a thrown ball hits a blocking ball and falls directly to the floor before being caught neither player is out.
4. A ball rebounding off a "catch" attempt may be caught before it touches the floor only by the original targeted individual. Result, the thrower is out.

REFEREES:

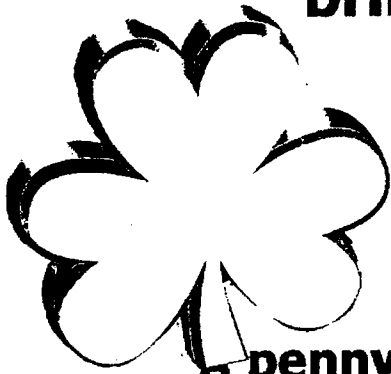
Two referees will supervise all games. A referee's decision is final - NO EXCEPTIONS. Players are expected to be honest about whether or not the hit was legal or whether they were legally eliminated.

- Players may NOT hold a ball longer than 20 Seconds.
- Deliberate headshots are illegal and will result in the thrower being called "OUT".
- Anything caught or thrown outside of the boundaries of the court does not count.
- A thrower may hit an individual out of Bounds that is out only to retrieve a ball, resulting in the hit player "OUT".
- No jewelry, including glasses, may be worn.
- It is recommended that contact wearers use racquetball type safety glasses.
- A player may not throw a ball:
 - Once hit by a thrown ball.
 - Player is out of bounds to retrieve a ball.

Scavenger Hunt 2004

1. Get a snapshot of: you getting a makeover
2. Inch House, Foot House, _____.
3. Negotiate a FREE bike cab ride
4. The classic "Catcher in the Rye"
5. What's red and white and celebrates the end of the work week?
6. Get a snapshot of: a lady in UGG boots doing a jig
7. "7,000 Knobs & Pulls"
8. Get a snapshot of: your favorite street performer
9. A killer whale eating fish tacos
10. 3rd Level, Sale Item
11. Get a snapshot of: a bald man posing like Superman
12. "Hustle" over and find something dirty
13. Say "cheese" on channel 7/39
14. A customized 1955 Chevy 3100 once owned by "Cher"
15. Prove that you've been to the "Far East"
16. Check out the doorman at the Gaslamps hottest Strip Club
17. Show us what the "average cup size" is in hot pink...ask Vicky for help!
18. Where are the "World Famous Disco Pimps"?
19. Don't make this your "last resort", but do retrieve 5 peanut shells!
20. Happy Birthday to Kerry at the rocks stars restaurant
21. Dirty dance with a stranger
22. Sammy Davis Jr. was infamous for what?
23. Picture this ...the "fathers" park
24. Get someone to donate one of their belongings
25. Watch out for the giant chocolate bear!
26. It may not be raining outside, but water sure is jumping!
27. Hungry? Sounds like an old red trolley inside!

**Locate the following six items and
bring them back to the
Liberty Center:**



A four leaf clover

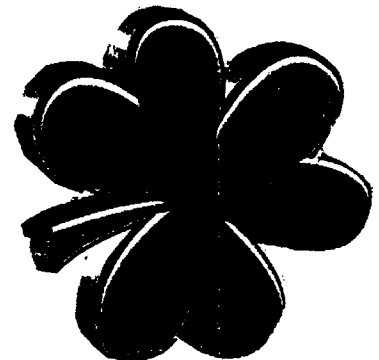
**A penny from the year you and your
teammate were born**

A pot of gold

A rainbow

Something green

A leprechaun



**The team that returns these items
in the shortest amount of time will
win the "POT OF GOLD",
GOOD LUCK!!!!**

Find the hidden
word for your
next clue...

ALJKCD
FTPOSX
ZYOGMN
RUOCIA
DPLBKT
JHUYEW

Say "hi"
to Joy as
you pick
up your next
clue...

Tournament
named
after a

Ben Stiller movie
is held here...

BODYWORKS
Fleet & Family Support